

SPRING *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE BEGINNING MARCH 31 - JUNE 28

MONDAY <small>No classes April 21 or May 19</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <small>No class April 18</small>	SATURDAY
SUNRISE SWEAT 6:15-7:00am With Paloma Dogwood Room	INVIGORATING SPIN 8:15-9:00am With Roché Dogwood Room	SPIN & STRENGTH 6:15-7:00am With Nichole Dogwood Room	DYNAMIC CORE 8:15-9:00am With Roché Dogwood Room	SUNRISE SWEAT 6:15-7:00am With Paloma Dogwood Room	ZUMBA® 9:30-10:30am With Lyn Dogwood Room
STRENGTH & CORE 9:15-10:15am With Roché Dogwood Room	STRETCH APPEAL 9:15-10:15am With Donna Dogwood Room	SPIN-ERGIZER 8:15-9:00am With Viv Dogwood Room	STRETCH APPEAL 9:15-10:15am With Donna Dogwood Room	DANCE CARDIO 9:15-10:15am With Donna Dogwood Room	
MODERATE MOVES 10:30-11:30am With Christine Dogwood Room	EXPRESS SPIN 4:45-5:15pm With Keely Dogwood Room	TOTAL BODY CONDITIONING 9:15-10:15am With Donna Dogwood Room	MORNING YOGA 9:30-10:30am With Kelly Elm Room <small>No class June 12, 19, & 26</small>	CHAIR YOGA 9:30-10:30am With Kelly Elm Room <small>No class June 13, 20, & 27</small>	
SENIORS WELLNESS 1:00-2:00pm With Viv Dogwood Room	TUESDAY EVENING YOGA 5:30-6:30pm With Keely Elm Room <small>No class June 17 & 24</small>	STRONG & MOBILE 11:45am-12:45pm With Margot Dogwood Room	PILATES MIX 10:30-11:30am With Mel Dogwood Room	SENIORS WELLNESS 1:00-2:00pm With Viv Dogwood Room	
LIFT & MOVE 4:30-5:15pm With Paloma Dogwood Room	ZUMBA® 6:15-7:15pm With Lyn Dogwood Room	SENIORS WELLNESS 1:00-2:00pm With Margot Dogwood Room	YIN YOGA 5:30-6:30pm With Kelly Elm Room <small>No class June 12, 19, & 26</small>		
ZUMBA® MOBILITY 5:30-6:00pm With Kyla Dogwood Room		SPIN & STRENGTH 5:00-6:00pm With Keely Dogwood Room	SPIN 6:00-6:45pm With Kimberley Dogwood Room		
PILATES MIX 6:30-7:30pm With Mel Dogwood Room		PILATES 6:15-7:15pm With Keely Dogwood Room			

WEIGHT ROOM HOURS

MONDAY - FRIDAY

6:00am-9:00pm

SATURDAY & SUNDAY

8:00am-8:30pm (April)

8:00am-6:30pm (May & June)

Please note there will be no drop in fitness classes on Statutory Holidays.

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CLASS DESCRIPTIONS

CLASS	DESCRIPTION
CHAIR YOGA	Improve balance, strength and mobility by practicing yoga movements with the assistance of a chair. This class is ideal for those with lower mobility, recovering from injury or those just looking for a gentle yoga class without getting down on the floor.
DANCE CARDIO	A dynamic way to dance your way to a good cardio workout. Increase muscle strength and stamina, improve flexibility, balance and blood flow. Groove to the music and let your inner goddess glow.
DYNAMIC CORE	This class draws from Yoga, Pilates, and Barre styles of practice to bring attention to movement and mobility. Proper breathing exercises will help you incorporate the core appropriately to support your back and resistance bands and soft balls will help guide and focus the exercise for a stronger mind body awareness. Participants will need to be able to do floor work.
EXPRESS SPIN	Offering a quick, post-workday sweat, this 30-minute spin has everything you want including hills, intervals, sprints, recovery and good music. This class is suitable for all levels.
FUNCTIONAL FLEXIBILITY	This class explores key stretches to improve body awareness, mobility and posture. Stretches will be held longer to release tension in the body, allowing muscles and connective tissues to lengthen gradually. Props (such as bolsters and blocks) will be used as support.
INVIGORATING SPIN	Start your day with an invigorating spin class! With a mix of spin drill and upper body exercises off the bike, participants can expect a great workout!
LIFT & MOVE	This 45-minute class infuses resistance and weight training with balance and mobility work in a strength building, well-rounded workout.
MODERATE MOVES	Featuring moderate cardio and optional power moves, this class is suitable for beginner to seasoned alike. Various equipment is used to strengthen and stretch the body, focusing on controlled quality movements.
MORNING YOGA	This beginner friendly class incorporates a variety of yoga styles to give you a gentle workout that satisfies the mind, body, and soul.
PILATES	This mat Pilates class focuses on precise movements originating from the core of your body, working from the deepest layers of muscles, which stabilize and support your spine. This results in a strong, flexible spine with ideal posture and alignment. Classes will incorporate modifications and variations to suit all abilities of students.
PILATES MIX	Pilates helps to create functional movement patterns that transfer and benefit us in everyday life while Barre moves add repetition and target specific muscle groups. This mat focused class has an emphasis on alignment and stability and is open to all fitness levels.
SENIORS WELLNESS	This class will combine safety, mobility, flexibility, and balance exercises including mild aerobic routines for seniors. Meet new acquaintances and re-new old friendships.
SENSIBLE STRENGTH	Bringing together all your favourite workouts, this one-of-a-kind session comprises strength training and core exercises.
SPIN	A mix of hills and drills, strength and endurance, all to the beat of great music. This is an excellent way to wind down from your day.
SPIN-ERGIZER	Come ride with us! This mid-week energizer is a fun, self-pacing workout. Welcome to all participants from beginner to advanced. Adjust your own bike tension for a ride with motivation, music, and easy drills.
SPIN & STRENGTH	Finish your day with this stress busting spin and strength class. Designed with alternating spin drills, upper body strengthening and core work, this class is ideal for those looking to improve cardiovascular fitness while building a stronger and leaner body.
STRENGTH & CORE	This class combines full body strength training moves with core exercises to give you a challenging workout to start your week off right. A variety of equipment will be used, including free weights and bands. All levels welcome. Participants must be able to transition to the floor for core work.
STRETCH APPEAL	This stretch class will move through core-challenging movements incorporating breath and balance to elongate and strengthen. You will leave relaxed and taller.
STRONG & MOBILE	This is a basic entry-level class. Perfect for people with osteoporosis, arthritis, muscle loss or recovering from injuries. This class combines strength work with mobility/flexibility work and balance to improve posture and functional movement.
SUNRISE SWEAT	Sunrise Sweat is a high-energy 45-minute class seamlessly blending strength training and aerobic exercises for an invigorating start to your day. Open to all fitness levels.
TOTAL BODY CONDITIONING	This complete workout is designed to strengthen the legs, arms and core while increasing flexibility and cardio stamina. This class uses a variety of equipment such as dumbbells, bands and steps, making it a great total body workout for men and women of any fitness level!
TUESDAY EVENING YOGA	Explore dynamic movement and postures to unlock tension within your body. This flow yoga class will help you to build a strong personal relationship with your practice and discover the many benefits of adding yoga to your life.
YIN YOGA	Yin Yoga is a slow-paced practice with long deep holds to enhance mobility and flexibility by targeting your deep connective tissue. Excellent for stress release and overall mental health. All levels welcome!
ZUMBA®	This is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.
ZUMBA® MOBILITY	Zumba Mobility works to enhance your overall movement ability, reducing your risk of injury, improving your athletic performance and promoting lifelong physical well-being. This is a relaxing stretching class with a focus on strengthening your joints. Whether you're a fitness enthusiast, a busy parent, or a 9-5er, this class will help you release stress, restore your range of motion, and renew your ability to move better, longer.